

MAR 13 2015

SENATE CONCURRENT RESOLUTION

REQUESTING THE DEPARTMENT OF EDUCATION TO ESTABLISH WEEKLY
MINIMUM STANDARDS FOR TIME DEDICATED TO PHYSICAL EDUCATION
IN ELEMENTARY, INTERMEDIATE, AND MIDDLE SCHOOLS.

1 WHEREAS, obesity leads to at least 300,000 deaths among
2 adults in the United States each year due, in part, to physical
3 inactivity and a poor diet; and
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5 WHEREAS, more than one-third of adults in the United States
6 are obese and accordingly at risk for obesity-related
7 conditions, such as heart disease, stroke, and certain types of
8 cancer; and
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10 WHEREAS, the medical needs of an obese individual in 2008
11 were estimated to cost \$1,429 more than the needs of an
12 individual of normal weight; and
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14 WHEREAS, inadequate participation in physical activity is a
15 significant contributor to the "epidemic of obesity" that has
16 plagued the nation's young people for the past two decades; and
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18 WHEREAS, nearly one-third of children and young people in
19 the United States are overweight or obese; and
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21 WHEREAS, obese children and young people struggle with
22 obesity-related medical and physical challenges, and are more
23 likely to face increased risks in adulthood of developing long-
24 term chronic or terminal conditions; and
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26 WHEREAS, physical activity offers young people many health
27 benefits, including improving aerobic endurance and muscular
28 strength; helping to control weight; building lean muscle; and
29 reducing fat; helping to build greater bone mass, which prevents
30 against osteoporosis in adulthood; and preventing or reducing
31 high blood pressure; and



1
2 WHEREAS, the results of recent studies indicate a strong
3 correlation between aerobic fitness and academic performance as
4 measured by the achievement of higher scores and grades in core
5 subjects and standardized test scores as well as a proportional
6 increase in academic performance as physical education is
7 increased; and

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9 WHEREAS, many health advocates believe that adults acquire
10 and establish patterns of health-related behaviors during
11 childhood and adolescence; and

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13 WHEREAS, a national study conducted in 2003 found that 95
14 percent of parents surveyed supported the implementation of
15 daily physical education because they believe regular physical
16 exercise helps students to perform better academically; and

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18 WHEREAS, children who are encouraged to engage in regular
19 physical activity in their youth are more likely to continue a
20 pattern of physical activity in adulthood that can contribute to
21 better overall physical health during their lifetime; now,
22 therefore,

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24 BE IT RESOLVED by the Senate of the Twenty-eighth
25 Legislature of the State of Hawaii, Regular Session of 2015, the
26 House of Representatives concurring, that the Department of
27 Education is requested to establish weekly minimum standards of
28 time dedicated to physical education in all elementary,
29 intermediate, and middle schools with an emphasis on physical
30 activities that are conducive to the health and vigor of the
31 body and mind; and

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33 BE IT FURTHER RESOLVED that the Department of Education is
34 requested to establish a minimum requirement of one hundred
35 fifty minutes per week of physical education for elementary
36 school students; and

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38 BE IT FURTHER RESOLVED that the Department of Education is
39 requested to establish a minimum requirement of two hundred
40 twenty-five minutes per week of physical education for
41 intermediate and middle school students; and
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1 BE IT FURTHER RESOLVED that every student in kindergarten
2 through eighth grade participate in physical education for the
3 entire school year, including students with disabling conditions
4 and those in alternative education programs; and
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6 BE IT FURTHER RESOLVED that elementary, intermediate, and
7 middle schools establish specific learning goals and objectives
8 for physical education; and
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10 BE IT FURTHER RESOLVED that the Department of Education
11 develop and implement a physical education curriculum applicable
12 for students in kindergarten through eighth grade that adheres
13 to state and national standards of health-related fitness and
14 physical education; and
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16 BE IT FURTHER RESOLVED that elementary, intermediate, and
17 middle schools design, implement, and evaluate a sequential,
18 developmentally appropriate physical education curriculum that
19 helps students develop the knowledge, motor skills, self-
20 management skills, attitudes, and confidence needed to adopt and
21 maintain physical activity throughout their lives; and
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23 BE IT FURTHER RESOLVED that all students be active in
24 moderate-intensity physical activities for no less than one-half
25 of the class time provided for physical education; and
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27 BE IT FURTHER RESOLVED that all students be regularly
28 assessed for attainment of physical education learning
29 objectives; and
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31 BE IT FURTHER RESOLVED that health-related fitness testing
32 appropriate to students' developmental levels and physical
33 abilities be integrated into the physical education curriculum
34 as an instructional tool, except in early elementary grades; and
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36 BE IT FURTHER RESOLVED that the satisfactory participation
37 in physical education of each student be confirmed by issuance
38 of a passing grade upon completion of the physical education
39 curriculum; and
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41 BE IT FURTHER RESOLVED that achievement of a passing grade
42 in the physical education curriculum be considered a requirement



1 for each student's graduation, except in early elementary
2 grades; and
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4 BE IT FURTHER RESOLVED that exemption for physical
5 education only be permitted if a physician states in writing
6 that physical activity will jeopardize the student's health and
7 well-being or a parent or guardian requests an exemption on
8 religious grounds; and
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10 BE IT FURTHER RESOLVED that physical education be taught by
11 qualified persons who are certified by the State to teach
12 physical education; and
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14 BE IT FURTHER RESOLVED that elementary, intermediate, and
15 middle school administrators endeavor to ensure the cost-
16 efficient provision of adequate spaces, facilities, equipment,
17 supplies, and operational budgets that are necessary to achieve
18 the objectives of the physical education program; and
19

20 BE IT FURTHER RESOLVED that the physical education program
21 be closely coordinated with other components of overall school
22 health and science programs; and
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24 BE IT FURTHER RESOLVED that certified copies of this
25 Concurrent Resolution be transmitted to the Chair of the Board
26 of Education, Superintendent of Education, and Director of
27 Health.
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